

Campaign encourages conversation around mental health



The OK not to feel OK campaign was launched to help break down the taboo of talking about mental health problems.

We want to let those in need know that there is always somebody who will listen, give advice, and care. Each year, thousands of people reach a point where they feel beyond help and tragically take their own lives. How many of these could have been avoided if people felt more comfortable discussing their own mental health?

Who is most at risk?

It is often mentioned that men are more likely to take their own life than women – three times more likely according to the Samaritans' *'Men, Suicide and Society Report.'*

While it is important that all genders and age groups have access to support should they need it, men from disadvantaged backgrounds aged 40 to 44 have been outlined as most at risk according to the Samaritans' report.

What can I do?

If you know someone who you think may be struggling, a simple conversation can go a long way. Many people who are struggling with their mental health don't want to ask for help as they think it's a sign of weakness – this couldn't be further from the truth. Don't wait for someone to reach out to you if you

think they're in need. Let them know of the services available to them and reassure them that there is no shame in taking positive steps to feel better.

Self help

The **OK not to feel OK** website has a wide selection of self-help booklets that can help you gain a greater understanding of why you might be feeling a certain way. The booklets offer help with bereavement, depression, anxiety, stress, sleeping problems, domestic violence and a range of other topics that you or someone you know may find helpful.

To read the self-help booklets visit www.OKnottofeelOK.org and click "Self Help".

If your situation is more urgent or if you need to talk to somebody, you can call the

IN THIS EDITION

- 2 **What's on offer at HD Kids' Club?**
- 2 **Summer activities for kids**
- 2 **Lancaster West Repairs Team launched**
- 3-6 **Grenfell NHS support special**
- 7 **Activities Programme at The Curve Community Centre**
- 8 **Housing update**
- 8 **Support services on offer**
- 8 **Save your bottle tops for new ACAVA mural**

NHS for free at any time, day or night on **0800 0234 650**. This number is a one-stop shop for mental health services and advice. No matter what you're going through, the NHS will be able to refer you to the appropriate help.

You may call because:

- You want to refer yourself or someone else to adult mental health services
- You feel that you or others are at risk of harm
- You may be experiencing emotional or psychological distress
- You may need advice about an urgent social crisis like abuse in the home.

Samaritans: "You talk. We Listen"

If you just need to talk, you can call the Samaritans on **116 123** or email jo@samaritans.org if you feel unable to have a phone conversation.

A volunteer will answer and listen to you talk. They will walk you through your concerns, worries and troubles, focusing on your thoughts and feelings rather than going into the details. Don't wait to hit rock bottom before you seek help.



What's on offer at HD Kids' Club?

This summer, HD Kids' Club are providing sports, arts and crafts, cooking and science, technology, engineering and maths (STEM) activities all free of charge. Children can participate in workshops, sign-up for trips, help cook their own healthy lunches and even learn how to make slime, soap and a squidgy toy.

Why not spend this summer holidays learning new skills and making new friends at the HD Kids' Club?

There is no pre-booking required and all ages are welcome. (Children under five must be accompanied by a parent or guardian at all times).

HD Kids' Club is based at **The Henry Dickens Community Centre, 104 St. Anns Rd, London, W11 4BU**. The club will open on **Monday 23 July** and will be open every day except Sundays from **12 noon until 3pm** until **Friday 31 August**.

For more information, visit the centre in person or email lucy@hdcc.london or osei@hdcc.london



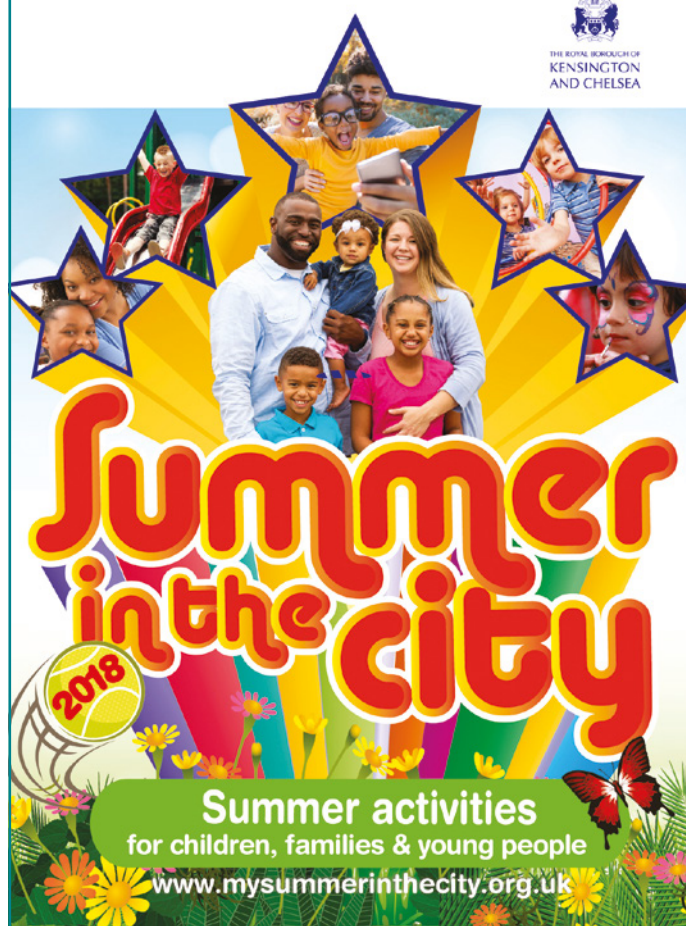
Summer activities for kids

Summer in the City is your guide to the huge range of events and activities taking place for children, young people and their families this summer across Kensington and Chelsea and neighbouring boroughs.

There are over 1000 events for you to get involved with, including outdoor activities, bake-offs, arts and crafts, beatboxing, the Summer Reading Challenge, free cycling tours, nature trails, costume making, graffiti art, photography and so much more.

The events taking place in Kensington and Chelsea this summer can be found in the **Summer in the City** flyer which is available on the Grenfell Support Website www.grenfellsupport.org.uk

To see all the events taking place in all three boroughs, visit the **Summer in the City** events page www.mysummerinthecity.org.uk/events



Lancaster West Repairs Team launched

Following feedback from residents and the Lancaster West Residents' Association Committee, a new repairs and maintenance service has been set up, especially for the Lancaster West Estate.

Launched on **Monday 2 July**, the team of eight are based at **Baseline Studios, Whitchurch Road, W11 4AT** and at a depot site next to **Safestore**. This means the team can make sure that repairs are delivered more quickly than before.

The team will be carrying out most of the repairs on the estate now, including work on empty properties and some caretaking and maintenance of communal areas.

Repairs can be reported by calling the dedicated line for Lancaster West housing, **0800 137 111** (select option 1), between **9am and 5pm**, or by emailing: lancasterwestoffice@rbkc.gov.uk



Grenfell NHS support special

The National Health Service turned 70 years old on **Thursday 5 July 2018**, making it the perfect time to acknowledge the important work carried out by one of the nation's most loved institutions.

In this special NHS supplement of Grenfell Support News, we have put together a useful guide of services that may be of use to you, your loved ones or anybody who has been affected by the Grenfell Tower tragedy. You will find support numbers, a map of local support centres, Grenfell Inquiry related support and we will tell you

where you can find self-help guides and answers to questions you may have about NHS support.

We want to highlight the services that are available to people who are in need of support, with the aim of ensuring that nobody ever feels like they have nowhere to turn. The NHS is there to guide, support and care for each and every one of us, day in, day out. If you or somebody you know needs help, reach out and make use of the invaluable resources that are on offer.



The Grenfell NHS Health and Wellbeing Service offers support to help people if they feel, anxious, stressed, worried or are unable to sleep. You can self-refer online at www.grenfellwellbeing.com. For more information, call **020 8637 6279**, or email grenfell.wellbeing@nhs.net

There is a phone line which is available 24 hours a day, seven days a week for urgent mental health support. Call anytime on **0800 0234 650**.

Grenfell NHS Health and Wellbeing Service

The Grenfell Health and Wellbeing Service is a free and confidential NHS service for children and adults affected by Grenfell.

What does the service do?

The Grenfell Health and Wellbeing Service provides a range of practices and talking therapies to help you cope and feel better. If you are feeling distressed, unable to sleep, have memories or pictures of the tragedy unexpectedly popping into your mind, or are feeling anxious, stressed or worried, then get in touch.

How can these therapies help?

The therapy on offer can help people overcome distressing memories. Some people may be experiencing flashbacks and nightmares which can be extremely difficult and interfere with normal routines and sleep. Therapy helps to 'process' what has happened, so that memories intrude less as flashbacks and nightmares. Therapy will also focus on reducing general levels of anxiety and improving sleep.

How to get help

Self-refer: The easiest way to access the service is to refer yourself by visiting grenfellwellbeing.com and completing the self-referral form (adults only).

If you prefer, you can call the service on **020 8637 6279** or email grenfell.wellbeing@nhs.net

You will need to call this number if you're referring a child.

You can also ask your GP to refer to you the service.

The service is run from the centres plotted on the map and you will need an appointment to attend, except for the service at The Curve where the NHS run drop-in sessions.

The NHS are located at The Curve every day from **10am to 8pm Monday to Friday** and **11am to 6pm on weekends**.



Outreach Services



Anyone can contact the Outreach Team by calling **020 8962 4393**, seven days a week, between **9am to 8pm**.

You may have seen The Outreach Team out and about in your area, wearing their green t-shirts or hoodies with NHS lanyards.

Since the events at Grenfell, the Grenfell Outreach Team has been knocking on doors and meeting people in the community and at events, offering help and support wherever needed.

They are always there to help you, including at difficult times, nights and public holidays, for instance during the inquiry, Notting Hill Carnival, on Christmas Day serving meals, Guy Fawkes Night, Eid, at memorials and marches.

The team is currently made up of mental health nurses, occupational therapists, art therapists, a music and a drama therapist, assistant psychologists and two local residents – one of whom worked in public health and another who has a Masters in Islamic studies and spent time in the Calais camps.

What does the Outreach Team do?

The Outreach Team also provide initial assessments for Post Traumatic Stress Disorder (PTSD) – often in community settings like The Curve or in people's homes. Where indicated and with patient consent, they will refer you to the adults Grenfell service in the Central and North West London (CNWL) NHS Foundation Trust for clinical assessment and treatment. Patients can be referred for Post Traumatic Stress Disorder (PTSD), depression, anxiety, or any mental health issues.

In addition to screening, the Outreach team provide emotional and mental health support, practical assistance to help find the right support services for you, and work closely with local community groups to help build community resilience.

If you see the team on the street, or at events, you can always approach them. They will produce NHS identification if needed.

You can also contact the team by calling **020 8962 4393**, seven days a week, between **9am to 8pm**. A senior clinician is always available during these hours to talk to you if you need wellbeing support. The administrator will be able to answer any questions you have, including if you would like the team to support an event in the community. If you would like someone to come out and see you in the community or at home, they will agree a day, time and place with you.

The Grenfell Health and Wellbeing Service is collaborating with the Association for Cultural Advancement through Visual Art (ACAVA) to provide 12 free artist-led 'arts for wellbeing' workshops for adults throughout the summer.

There will be up to 12 places for each workshop. Each workshop will run twice, and participants can choose between attending at **ACAVA (54 Blechynden Street, W10 6RJ)** on **Thursdays 2.30pm to 4.30pm** or at **The Curve (10 Bard Road, W10 6TP)** on **Saturdays 11am to 1pm**.

Workshops include:

26 and 28 July – Paper cut-out sculpture

2 and 4 August – Anthropomorphic/zoomorphic pots

9 and 11 August – Aromatherapy candles or felt applique

16 and 18 August – Drawing and sewing

23 and 25 August – Mask making

30 August and 1 September – Screen-printing onto fabric

The service is also working with ACAVA to provide weekly art therapy group sessions for adults.

For more information, please call the Grenfell Outreach Team on **020 8962 4393**.

Supporting those struggling with alcohol and drugs

The council funds a Drug and Alcohol Wellbeing Service which provides free and confidential advice to any resident in Kensington and Chelsea using drugs or alcohol. There are a range of services provided by a team of specialists seven days a week at **Acorn Hall, 1 East Row, W10 5AR**

Your first point of contact for the drug and alcohol services in Kensington and Chelsea are The Navigators, a team that are available to meet around North Kensington on a drop-in basis:

Mondays from **3pm to 7pm** at **Notting Hill Methodist Church, 240 Lancaster Road, W11 4AH**

Wednesdays from **1pm to 5pm** at **The Curve, 10 Bard Road, W10 6TP**

The service can carry out home visits, provide brief interventions and promote health and wellbeing related recovery options.

To get in contact with the service, contact **07850 773696** or email **northken@DAWSlondon.org**



Upcoming events

Clay workshops for children between 6 to 12 years old

The Grenfell Health and Wellbeing Service has been running clay workshops for children at The Curve. The last one will take place on **Wednesday 18 July 2018**, from **4pm to 5pm**.

The workshop is an opportunity to explore and have fun using clay. It introduces participants to clay techniques, supporting them to create a piece of art.

Participants are able to take their work home.

There is a limit of 10 spaces so please book your child's place by calling **020 8962 4393** or ask any NHS staff member at The Curve.

Come see our new therapy space

The Grenfell Health and Wellbeing Service will be opening its new therapy space on **Wednesday 12 September 2018**, from **4pm to 7pm** at **St Charles Hospital, Exmoor St, W10 6DZ**.

There will be music, refreshments, talks and other activities so why not come along? Everyone is welcome.

You can see the suite of treatment rooms, meet the therapists and the designers of the space.

You can stay for as long or little as you like and there will be signs around the hospital directing you to where we are.



Urgent mental health and wellbeing support

If you or someone you know needs urgent help or wellbeing support, you can call **0800 0234 650**, 24 hours a day, seven days a week.

You can also contact your GP or visit your local A&E.

In an emergency dial **999**.



Whitstable House fire support

The Outreach Team is visiting the area to offer support to anyone who might be affected by the fire that happened at Whitstable House on 3 July or who are experiencing concerning symptoms again. They've been in the area going door-to-door to check if people need help from the NHS.

How to get in touch:

You can talk to an Outreach Team member any time you see them on the street or call them on **020 8962 4393**, **seven days a week**, between **9am and 8pm**.

Frequently Asked Questions

1. Who should get in touch with the Grenfell NHS Health and Wellbeing Service?

Anyone who has been affected by the events of the Grenfell tragedy can reach out for support. Everyone reacts to trauma differently but some common reactions are feeling down, anxious and fearful. You may continue to re-experience memories of the trauma, have trouble sleeping and feel physically on alert and jumpy.

If you're unsure, you can get in touch with the service and they would be glad to meet you and talk about your specific situation in confidence. For a more detailed list of symptoms you might experience after a traumatic event please go to www.grenfellwellbeing.com/about

2. Where can I have my appointments?

The Grenfell Health and Wellbeing Service has therapy rooms in all the places plotted on the map on page four. You will need to call them to make an appointment unless you would rather drop-in at The Curve.

3. How can I refer my child?

To refer your child you can call the 24-hour phone line on **0800 0234 650**. You can also ring **020 8637 6279**, or email grenfell.wellbeing@nhs.net



Activities Programme at The Curve Community Centre

Monday 16 July

- **10am–12.30pm** – Nova ICT Class
- **1pm–3pm** – English skills (literacy for native speaking)
- **2pm–4pm** – Grenfell Support Service (drop-in)
- **3pm–5pm** – Sing to Live Performance
- **5pm–7pm** – Homework Club ages 11–18 with a qualified tutor (drop-in)
- **6pm–8pm** – Pre-ESOL English
- **6.30pm–7.30pm** – Women's only Zumba Class

Tuesday 17 July

- **9.30am–11.30am and 12.25pm–2.30pm** ESOL English language classes (please email sakinah.touzani@westway.org to book)
- **10.30am–12.30pm** – Job search and CV sessions (open area 1st floor) (drop-in)
- **10.30am–12.30pm** – Helping children deal with loss (please email thecurve@rbkc.gov.uk to book)
- **10am–3pm** – Fouzia's Sewing Club – sewing club for all, grow your skills, knit and natter (drop-in)
- **1.30pm–2.30pm** – Grief Encounters, speak, listen and share with Elisha and Ana
- **5pm–7pm** – Arabic Language Classes for ages seven and above (registration is required – please email thecurve@rbkc.gov.uk)
- **7pm–8pm** – Grief Encounters Colin Men's Group

Wednesday 18 July

- **10am–12 noon** – World coffee morning – free and open to all for a coffee and a chat
- **10am–12.30pm** – Nova ICT Employment Skills
- **10.30am–12.30pm** – Job search and CV sessions (open area 1st floor) (drop-in)
- **2pm–4pm** – Drug and alcohol drop-in session
- **4pm–5pm** – Clay Workshop for children aged between six to 12 years
- **4pm–7pm** – Girls youth group for ages 13 plus (run by Laura for emotional health and wellbeing)
- **6pm–7pm** – Shared reading group, open to all reading abilities. Come and share the joy of reading as a group

Thursday 19 July

- **10.30am–11.30am** – Stay and Play for children and parents/carers. A chance to play, sing, explore and learn together
- **12.30pm–2.30pm** – Mums and Bumps
- **1pm–3pm** – ICT Skills and pre-employment support, suitable for those not ready for the Job Centre (drop-in)
- **2pm–3pm** – Nova (Alex) ICT Employment skills (drop-in)
- **4pm–4.45pm** – Healthy snack time for kids (limited spaces, please email thecurve@rbkc.gov.uk to book)
- **4pm–6pm** – Young artists for ages five–11. For keen young artists looking to learn and develop their skills
- **5pm–7pm** – Arabic Language Classes for ages seven and above (registration is required – please email thecurve@rbkc.gov.uk)

Friday 20 July

- **10am–1pm** – ACAVA Pottery workshop (to book please email thecurve@rbkc.gov.uk)
- **10am–1pm** – Midaye- Somali development network
- **11am–11.40am** – Zumbinis – Zumba for children (under 5) and parent/carers



The crèche's opening hours are:

Monday, Tuesday, Wednesday and Friday
10am to 12noon and 1pm to 3pm.

No crèche on Thursdays.

The crèche is for parents attending appointments or courses at the Curve. Other Curve users are also able to use the crèche space when attending an event or activities. To book, please email: thecurve@rbkc.gov.uk

The Curve Community Centre opening hours are **10am to 8pm Monday to Friday** and **11am to 6pm** on weekends.

The Curve Community Centre, 10 Bard Road, London W10 6TP

Some sessions need to be booked in advance to secure your place, so email thecurve@rbkc.gov.uk and they will confirm your reservation by return.



For a full list of events visit grenfellsupport.org.uk/thecurve/events

Support services on offer

Anyone who would like to speak to the police in relation to the investigation into the fire is asked to contact the Met Police on **0800 032 4539**.

Important Contacts

Cruse Bereavement Care

Call the Freephone helpline on **0808 808 1677** or email **helpline@cruse.org.uk**

The helpline is open **Monday-Friday** from **9.30am-5pm**. Extended hours Tuesday, Wednesday and Thursday evenings until 8pm.

Replacement UK passports, visas or immigration queries

Call our advice line on **0300 303 2832**. The line is open 24 hours.

Air quality and smoke exposure

If you have concerns about any symptoms, please see your doctor or call NHS **111**.

Housing support

If you have any questions about housing or want to find out who your housing officer is please call **0800 137 111** or **020 7361 3008**.

Victim support

Call **0808 1689 111** for practical and emotional support, or visit **victimsupport.org.uk**. The line is open 24 hours a day.

The Grenfell Muslim

Response Unit also offers additional support. Find out more by emailing **info@gmru.co.uk**

You can also get physical and mental support at **The Curve Community Centre**. Call **077 1223 1133**.

Hestia, Central and North West London NHS Foundation Trust, and the Drug and Alcohol Service are based overnight at the **Notting Hill Methodist Church, Lancaster Road** from **10pm to 8am**. Pop in for a chat and support.

Upcoming meetings

Residents welcome to attend.

Full Council:

Wednesday 18 July, 6.30pm
Kensington Town Hall

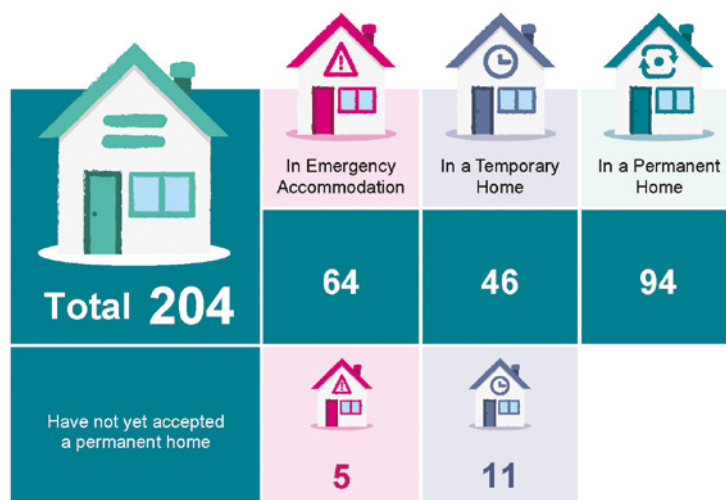
Grenfell Recovery Scrutiny Committee:

Tuesday 24 July, 6.30pm
Kensington Town Hall

Grenfell Tower and Grenfell Walk rehousing progress update



These are the figures for
12 July 2018



Save your bottle tops for new ACAVA mural

Last week's edition of Grenfell Support News featured the bottle top mural which is being created by Oxford Gardens Primary School and artist Tomomi Yoshida to bring attention to the importance of reusing and recycling plastic. ACAVA, an educational charity that promotes the development of visual skills, and Tomomi are also running a plastic bottle cap mural community project over the summer holidays as part of the Flourish Programme and have been collecting caps for this since April.

Designed by local families, work on the mural will start on **Tuesday 31 July** and continue on **Thursday 2 August, Wednesday 8 August and Friday 10 August** at **Maxilla Studios, 4 Maxilla Walk, W10 2pm to 4pm** each day.

This is where you can help. ACAVA still need bottle tops of every colour from as many people as possible. Please save your plastic bottle tops and bring them to the collection point at **ACAVA in Blechynden Street, W10** before the **end of July**.

Local families are encouraged to come and get involved in the project to create a

magnificent new mural for the local area. Children must be accompanied by an adult.

For updates on this project, follow **@ACAVAflourish** on Twitter.

For information on this project, email Lisa Nash at **lnash@ACAVA.org**.



Grenfell Inquiry support

The Grenfell Outreach Team along with Hestia are present at the Grenfell Inquiry hearings every day for anyone who needs support. You can find them on-site at the inquiry hearings. The NHS are easy to identify by their green t-shirts and NHS lanyards and Hestia by their green and orange scarves.

The newsletter is also available in Arabic and Farsi languages.